

SBCC 5 YEAR ANNIVERSARY SCHEDULE OF 'FREE' EVENTS, JANUARY 5-21, 2011

SOUTH BELLEVUE COMMUNITY CENTER

a partnership for a healthy community



FREE Jazzercise
January 5-21, 2011

Mon, Wed, Fri
6:15am & 9:30am

Mon - Sat

Wednesday - 5

10:15am: Strong & Fit
2pm: EZ Jazz for Kids
3pm: Jazz Dance for Kids
5:30pm: Belly Dance
6pm: ZUMBA
6pm: Fit Camp
6:30pm: Fencing

Thursday - 6

9:15am: Karie's Boot Camp

Friday - 7

6am - Fit Camp

Saturday - 8

10am: Tai Chi



Sunday - 9

1:30pm: Purna Yoga

Monday - 10

6:15am: Indoor Cycling
10am: ZUMBA
7:15pm: Indoor Cycling

Tuesday - 11

10:45am: Pickleball Drop-in
3:30pm: Rock Climbing Drop-in

Wednesday - 12

6am: Fit Camp
6:15am: Indoor Cycling
10:15am: Strong & Fit
6pm: Fit Camp

Thursday - 13

Healthy Recipe Contest Deadline
9:15am: Karie's Boot Camp
12:30pm: Badminton Drop-in

Friday - 14

6:30pm: "Cut a Rug" -
Line Dancing Social

Saturday - 15

10am: TV Watchers Workout ~ Family Style
11am: Challenge Course - Vertical Play Pen
11:30am: Purna Yoga

Sunday - 16

Monday - 17

NO CLASSES
MLK DAY

Tuesday - 18

3:30pm: Rock Climbing Drop-in

Wednesday - 19

10:15am: Strong & Fit
6pm: Fit Camp

Thursday - 20

9:15am: Karie's Boot Camp

Friday - 21

6am: Fit Camp

For more information:
(425) 452-4240

www.bellevuewa.gov/south_bellevue_center.htm

SBCC 5 YEAR ANNIVERSARY CLASS/ACTIVITY DESCRIPTIONS

Healthy Recipe Contest	Creatively indulge your sweet tooth while protecting your waistline! Receive 5 Raffle Tickets for Participation! Turn in a recipe by Thurs Jan 13. Top 5 recipes will participate in a bake-off on Tues Jan 18th. Full details, entry forms, and nutritional guidelines available at the Front Desk or Fitness Center.
Jazzercise	This comprehensive program is designed to enhance cardiovascular endurance, strength, and flexibility and is easy to follow with fun choreography that includes a gentle warm-up, 30 min aerobic workout, muscle toning, and strength segment with hand held weights and a stretch finale.
Indoor Cycling	Ride a LeMond RevMaster for a serious aerobic workout, burn 600+ calories, and have fun too! All fitness levels welcome. Arrive 10 minutes early for a bike fit. Bring a bike-style water bottle & towel. Wear stiff soled shoes or SPD cycle shoes, padded shorts, and heart rate monitor if you have them.
Fit Camp - Total Body Conditioning	Would you like a fun and effective way to burn stubborn body fat, get stronger, build lean muscle mass, and improve your level of fitness? This group workout utilizes dumbbells, bands, bodyweight exercises, fun agility movements, and a variety of exercises to strengthen your core and more.
ZUMBA	ZUMBA is the fastest-growing dance fitness workouts fusing Latin rhythms with easy to follow moves. 'Ditch the workout! Join the Party!' Bring a towel, water and get ready for a fun
Boot Camp with Karie	This popular high-energy workout will get you in shape, tone your muscles and burn calories with fat burning boot camp style exercises combined with cardio kickboxing moves, weights and Pilates based core work. Beginner to advanced levels welcome. Bring a towel and water bottle.
Strong & Fit Adults	This group fitness program provides education on improving overall functional fitness. Participants will improve strength, balance, coordination, posture, flexibility, core strength, and aerobic conditioning while participating in a fun, safe, social, and supportive atmosphere.
Purna Yoga	Focusing on correct alignment while using props to make each pose accessible, students gain flexibility, strength and coordination. Purna Yoga will help you feel more centered and peaceful. All experience levels welcome. Bring a yoga mat.
Belly Dance	This class is perfect for the first time student. Start with Aleili's famous Yoga for Belly Dancers inspired warm-up, layer on delightful belly dance body isolations, foundation, and technique. Add an introduction to rhythms and finger cymbals. Learn a new rhythm & appropriate steps. It's about the fun!
Fencing	Anyone for a Duel? Learn about fencing equipment, footwork, technique, conditioning, safety, strategy, and tactics, hosted by the Washington Fencing Academy (www.washingtonfencing.com). Bring sport shoes, water bottle, and sweatpants (no jeans).
Tai Chi	Learn this simplified 16 movements Tai Chi form to improve balance, coordination and flexibility as well as revitalize energy, calm the mind and relax the body. All levels welcome.
TV Watchers Workout ~ Family Style	Do you feel overworked, overscheduled, and overwhelmed, but know you need to work out? If all you want to do after a hectic day is relax in front of the TV, then fret no more! Learn helpful ideas to bring fitness into your life without creating extra time in your busy schedule AND still watch TV. Sound too good to be true? This workshop provided by Jennifer Malocha
Challenge Course	Set a goal and climb with two team mates to reach that goal. The vertical Play Pen, an independent 40-foot tall structure on the Bellevue Challenge Course, provides a challenge for two or three to climb as high as their goal over tires, boards and swinging logs.
Rock Climbing	Come climb our wall. The Crag is 33 feet tall, sculpted to look and feel like Index granite, and offers three top-rope climbing routes with varying degrees of difficulty and a bouldering wall. Trained belay staff from Mini-Mountain will be available to assist individuals who wish to climb. Ages: 6Y and up
Adult Drop-In Sports	Bring your friends and join other badminton and pickleball enthusiasts for fun and social pick-up games. All equipment provided or bring your own. See schedule for days and times.
Line Dancing Social	Introduction to line dancing - Joe and Margie will teach some easy dances to get you moving to a variety of music. No partner or experience required. Leather soled shoes work best for dancing. Refreshments served!
EZ jazz for Kids Ages 4-5	Great class for first time dancers! Creative movement activities and a few basic jazz moves will have your child dancing in no time! Children boost coordination, balance, endurance, sequencing skills, memory and self-esteem in a warm and encouraging environment! Let your little star shine!
Jazz Dance for Kids Ages 6-8	Children learn basic jazz steps that are linked together to form a choreographed piece that will have them dancing like the stars they are! Children increase coordination, strengthen concentration and memory, build healthy bodies and develop an amazing love of movement in a fun and encouraging environment!